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# Edmonton metro

Your essential daily news | TUESDAY, FEBRUARY 16, 2016

## THE GRAMMY AWARDS

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## FAMILY DAY FUN



RYAN TUMILTY/METRO

## Churchill Square draws in hundreds for long weekend festivities

## Northlands plan on the horizon

### VISION 2020

**Revamp could house festivals, ice rinks; may leave out horse racing**



**Ryan Tumilty**  
Metro | Edmonton

Northlands could include a six-sheet ice rink in a renovated Rexall Place and a new site for the city's festivals, but it may not be a home for horse racing.

Northlands is set to reveal a new plan, dubbed Vision 2020, for their site on Wednesday, but Metro has learned the plan will include a proposal to adapt Rexall Place to have up to six ice sheets for recreational hockey.

Another part of the proposal would be a new site for the city's festivals that could take the burden off of popular sites like Churchill Square and Hawrelak Park.

Coun. Michael Oshry said North-

lands needs a financial plan that will work when the Oilers move out, and this could be it.

"The whole thing would be sustainable, but you would need some capital dollars invested."

He said he's very impressed with what Northlands is proposing, because it's focused on what's best for Edmonton and not just what's best for Northlands.

"It looks at every acre of the 160 acres of that land and tries to figure out the best use for the city."

Another source, speaking on condition of anonymity, said unless the provincial government comes forward with a plan, horse racing at Northlands Park is unlikely to be part of the future plan.

The source said previous governments have allowed the gambling industry to expand to the point where horse racing isn't a draw.

"Bingo was the first to go and now horse racing is next," they said.

The NDP government is currently discussing a new contract with Horse Racing Alberta, which is expiring soon.

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# metronews

Your essential daily news

Quebec film industry looks into name of Jutra Awards amid pedophile allegations against Claude Jutra.



EDMONTON'S WEEKLY  
LOOKAHEAD

## What to watch for in the news this week

### Tuesday

Council meets Tuesday to discuss the city's debt policies and look at the state of the city's infrastructure.

Forestry Minister O'Neill Carrier will give an update on preparations that are underway for the coming forest fire season.

### Wednesday

Northlands is expected to unveil its Vision 2020 plan Wednesday for the future of the site, which includes plan to possibly repurpose Rexall Place, as well as plan for the entire 160-acre site.

The City of Edmonton will light the High Level Bridge's LEDs with YMCA red and orange to commemorate the

organization's 'Strong Kids' campaign, one of its major fundraising drives.

### Friday

Councillors will review a transit audit Friday that found the system is consistently failing to meet schedules and is often running buses over capacity. It also identified a rising number of security incidents on the service.

Queen Mary Park residents are invited to attend the last meeting about neighbourhood renewal the city is holding before work begins in the spring. City officials will show and explain the final design at the meeting.

METRO



The downtown arena will mean big changes for Northlands, as concerts and Oilers games leave Rexall Place. On Wednesday we will find out what Northlands has planned. METRO FILE

# New Vinyl Tavern seeks old records

### MUSIC

## Venue looking for donations to put together mosaic floor



**Alex Boyd**  
Metro | Edmonton

When the Needle Vinyl Tavern, one of Edmonton's newest music spaces, opens next month, customers will have the chance to walk all over history.

The people behind the new venue are asking people to give them their old vinyl records so they can turn the basement floor into one big vinyl mosaic.

General manager Wesley Little says it's a nod to the tavern's historic location. It's in the final stages of renovating its space in the Alberta Block on Jasper Avenue, otherwise known as the former headquarters of the CKUA radio station.

"With CKUA, the record stacks were always in the basement, so we wanted to ensure that there will always be records in the basement of the CKUA building," he said.

The basement of the Needle will house the coat check, ATM and bathroom — meaning most people will get a chance to see the creative flooring, Little said.

Little has already contributed



Got any of these? Wesley Little, general manager of the Vinyl Tavern, is looking for vinyl donations to build a big floor mosaic. ALEX BOYD/METRO

an ABBA record, among others from his own collection.

He added that the tavern will welcome "realistically, anything."

but would love as many local artists represented as possible. "We love local," Little said.

The plan is cut them up into curved shapes, preserving the labels as much as possible, to

create a mosaic. They'll be epoxied into the floor, so the finished project will be pretty permanent.

Needle Vinyl has had quite a few donations from friends and family, Little said, but now would love the local community to contribute, especially since, he estimates, about 450 LP's will be needed to cover the whole floor.

### DONATIONS

Anyone with vinyl to spare can drop it off at Alberta Music, at 10722 103 Ave, weekdays from 9:30 to 4.

The deadline for donations is Friday, Feb. 19.

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## HOMOPHOBIA

## Defaced valentine outrages recipient

A man says he is filing a complaint with police after he received a valentine at work that was defaced with a homophobic slur.

Degas Sikorski, 20, said the valentine that he received from a Party City store in Edmonton where he has worked for years indicated he wasn't getting any shifts for a reason.

Sikorski says police have given him witness forms to fill out that could lead to the slur being investigated as a hate crime.

"They said it is a hate crime," Sikorski said Monday. "The guy at the police station said absolutely this is a hate crime. We will absolutely have to look into this."

Edmonton police were not available for comment.

A public relations firm that speaks for Party City issued a statement on the weekend that said the company does not condone the behaviour and is committed to creating a fair and inclusive work environment.

Company officials were not available for comment Monday, but have indicated they will release more information when it becomes available.

Sikorski, who has been working at the party supply store while putting himself through the University of Alberta, said no one should have to face such treatment.

He wants an explanation as well as apologies from the person who wrote the valentine and from company management, he said.

"The name is Party City, for Pete's sake. It should be about a friendly and welcoming atmosphere." THE CANADIAN PRESS



Edmonton Mayor Don Iveson and Enoch Cree Chief Billy Morin with one of the new road signs. ALEX BOYD/METRO

# Road to Enoch Cree First Nation gets a Cree name

### MASKĒKOSIHK TRAIL

## Appellation intended as way to bridge communities



**Alex Boyd**  
Metro | Edmonton

The road between Edmonton and the Enoch Cree First Nation is being renamed Maskēkosihk Trail, in a move Mayor Don

Iveson calls a "reminder that this is shared territory."

The Enoch Cree Nation and the City of Edmonton announced the new name jointly on Friday.

Pronounced Muss-Kay-Go-See in Cree, the new name will apply to 23 Avenue between 215 Avenue and the Anthony Henday, in the new Riverview area in south Edmonton.

"This is more than just a road-naming for us," said Chief Billy Morin. "The strength of our people lies in our culture, our ways, our beliefs, our protocols and most importantly, in

our language. When our language is spoken, our strength comes out."

He said the name translates as land of the medicines or people of the medicines.

"It denotes the healing power of the land around us," he said.

Iveson said the specific road was chosen because as the area develops it will eventually serve tens thousands of residents and will become a major gateway to both the city and the Enoch Cree Nation.

The area between 84 Street and 23 Avenue also served as a

**When our language is spoken, our strength comes out.**

Chief Billy Morin

gathering place for indigenous and non-indigenous peoples for generations, and is part of the Enoch Cree's traditional territory.

Both leaders emphasized

that in the wake of the recommendations of the Truth and Reconciliation Commission, the renaming is a symbol of a mutual commitment to build the relationship between the two communities, and work together on issues like economic development and infrastructure.

The new name was chosen after a joint application to the Naming Committee and input from both citizens and city administration.

Iveson said it will take some time for the new signs to be installed.

### IN BRIEF

#### Calgary, Red Deer police investigate suspicious death

Red Deer RCMP and the Calgary Major Crimes Unit are working together to investigate the suspicious death of a middle-aged Caucasian man who was dropped off at the Red Deer Hospital on Feb. 13.

Police are asking for information about a 1998 Grey Jeep Grand Cherokee with an Alberta license plate reading BNW 1124. They are also looking to identify who was driving the vehicle, and whether there were any passengers. METRO

#### Hells Angel arrested, police seize two kilos of cocaine

Police have arrested Dominic DiPalma Jr., who, according to the Alberta Law Enforcement Response Teams, is a full-patch member of the Hells Angels.

Members of the ALERT squad arrested DiPalma, 35, on Feb. 10 at an Edmonton home and seized nearly two kilograms of cocaine and other items "consistent with drug trafficking," according to a police release.

DiPalma faces numerous drug charges — two counts of possession for the purpose

of trafficking, two counts of drug possession and breach of recognizance.

According to an ALERT release, "DiPalma Jr. was involved in drug trafficking in Northern Alberta."

ALERT also said DiPalma is thought to be a member of the Edmonton-based Westridge chapter of the Hells Angels.

Police said DiPalma was one of six Hells Angels arrested in 2014 on organized crime charges, which has yet to go to trial. That trial is scheduled for March. METRO

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"The development on which we're currently working is a beautiful 130-acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, HolaEcuador's vice-president of design and construction. "It is located 60 kilometers south of Manta. Of the 1,700 lots on the development, there are only about 300 left unsold", he adds.

"Infrastructure is coming along quickly, and construction is well underway, with 160 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

## WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole.

"The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

Turnkey home prices on HolaEcuador's Pacific coast development start at Can\$127,500<sup>1</sup>, for a two-bedroom, one-bathroom house including land lot.



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## To learn more

HolaEcuador is offering free informational seminars in several locations across Canada. These sessions are the perfect opportunity to discover more about the advantages of property ownership, living and investing in Ecuador. In addition, you'll become familiar with the many attributes of this real estate development as well as the essentials of property acquisition in this beautiful country in Latin America.

Space is limited. Prospective attendees are encouraged to register in advance with the local sales representative.

## Free informational seminars

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**EDMONTON:** Sunday, February 21, 10 a.m.  
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<sup>1</sup> Prices converted in Canadian dollars - subject to change without notice.

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# Quarters project moves along

## INFRASTRUCTURE

### Last inspection keeping city roadway closed

**Ryan Tumilty**  
Metro | Edmonton

A long-awaited construction project meant to bring new life to the Quarters should open later this year.

The Arnuature, a section of 96 Street in the Quarters, is set to open soon, but the city is waiting to ensure roadway pavers can live up to the city's weather.

"We want to wait through a freeze thaw and our contractor will return after that point to make sure the pavers settle appropriately," said Heather Chisholm, the area's principal planner.

She said the street furniture and public art in the neighbourhood is all in place and the city is looking forward to opening it up.

"We're really excited about it. This street, it's basically our spine of the Quarters," she said.

When the plan was first proposed, the budget for the Arnu-



The pavers, street furniture and public art are all in place along 96 Street. The city has kept the road closed until a final inspection of the pavers is completed in the spring. RYAN TUMILTY/METRO

ture development was estimated at \$27.2 million. Chisholm said there are still some bills to be paid, but overall the budget landed within their expectations.

The new roadway is set to be a green feature as well, with water running into nearby planting beds and to support a planned park in the area.

"Instead of running into our storm drains, it should stay on site," said Chisholm.

The city is set to hold public information sessions on that

**“**We're really excited about it. This street, it's basically our spine of the Quarters.

Planner Heather Chisholm

park later this year, but that will be the next big project in the Quarters.

Overall the city had budgeted \$56 million for improvements, which includes upgrades to underground infrastructure.

The city is funding the improvements through community revitalization, hoping the new amenities will attract development to the area. Currently, the area has many gravel parking lots and vacant buildings.

Chisholm said selling the area is very much on the agenda for this year.

"It's a stone's throw from downtown so we are seeing interest, but part of our job this year is to really get out there and get the area back on people's radar."

## ASSESSMENT

### Panel to review hydro project

The federal government has ordered a review of a proposed hydroelectric project in northwestern Alberta.

The AHP Development Corp. says it wants to build a power plant and dam on the Peace River upstream from the community of Dunvegan.

Environment Canada says it is referring the company's environmental assessment of the Amisk proposal to an independent review panel.

"The decision to refer the environmental assessment of the project to a review panel was made after considering its potential to cause significant adverse environmental effects and concerns expressed by the public and indigenous groups," Environment Minister Catherine McKenna says in a release.

McKenna says the Canadian Environmental Assessment Agency will make funding available to help the public take part in the review. THE CANADIAN PRESS

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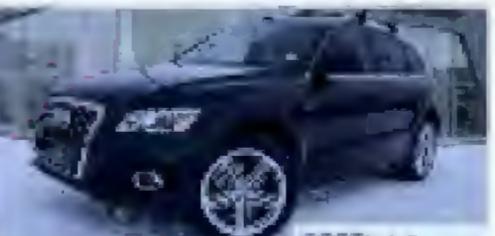
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# Neglected rabbits found

PARKLAND COUNTY

**Groups trying to find homes for over 50 rescue animals**

 **Alex Boyd**  
Metro | Edmonton

Edmonton rabbit rescue organizations are scrambling to find new homes for over 50 rabbits rescued from a backyard breeder in Parkland County — one of the biggest groups ever rescued from one location.

The owner of the property had been raising them for meat when he passed away. His daughter didn't want to see them slaughtered so she enlisted the help of groups like Precious Rabbits to help re-home them.

Founder Lateshia Ehrenholz said the rabbits were left "in a pretty bad situation," with multiple animals to a cage and not enough food.



Some of the rescued rabbits that are said to have been found in poor conditions. CONTRIBUTED

"Some had open wounds, abscesses, or they were attacking each other," she said. One of the rabbits had his nose almost ripped off.

Ehrenholz, who's looking after five of the rabbits, said

this is not the worst case she's seen, but argues that rabbits are more vulnerable to neglect than other pets.

"People say they're 'just' a rabbit. But I find that they have the intelligence of a cat,"

she said.

Carley Okamura from Infinite Woofs, an organization that has taken 10 of the rabbits so far, calls rabbits a "serious issue" in the rescue world, as they're frequently

surrendered but slow to be adopted out.

She blames a lack of information, adding that they're often sold without enough information about how to properly care for one.

"They might look like a stuffed animal, but people need to be aware of their attitudes," Okamura said. "They are independent, sassy and aloof, but can also be affectionate and cuddly, but on their terms."

She adds that they need space to run around, and despite popular belief, don't last long if released back into the wild.

Infinite Woofs has started an online fundraiser to collect funds to help the extra rabbits, and have also applied for an emergency rescue grant.

## LEGISLATION

**Labour group wants whistleblower law applied to private sector workers**

The Alberta Federation of Labour says the province's whistleblower law should protect all workers regardless of whether they are in the public or private sector.

Federation president Gil McGowan has told a committee reviewing the Public Interest Disclosure Act that it should also be easier for employees to report wrongdoing.

Amendments are expected for the fall sitting of the legislature.

McGowan says Alberta needs to update the law and should look at jurisdictions in the U.S., Australia and the U.K. where whistleblower protection extends to the private sector.

He says many people work in potentially dangerous workplaces that could cause economic and environmental damage, such as the petrochemical industry.

The federation also wants rules that would require the Public Interest Commissioner to report any disclosures.

THE CANADIAN PRESS

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## WARD 12 BYELECTION

## Advocacy group lists 'credible' candidates

**Ben Freeland**  
For Metro | Edmonton

While high-level political endorsements of candidates draw criticism from councillors and multiple candidates argue about where their signs are located, the voter in Feb. 22's Ward 12 byelection may feel overwhelmed.

The slate of 32 candidates is the largest in Edmonton's pol-

itical history.

But one political advocacy group has released its list of candidates it argues stand an actual chance of winning — and has even endorsed one.

Duncan Kinney, executive director of Progress Alberta, a non-profit advocacy organization in Edmonton, recently released a list of five candidates he argued have a real shot at winning the byelection, thanks to how organized and funded they are.

Those candidates — Moe

Banga, Danisha Bhaloo, Arundeep Singh Sandhu, Laura Thibert and Nav Kaur — are the most "credible" in the 32-candidate race, Kinney said.

But Kinney said out of these five, for those like him who desire a progressive voice on city council (which many felt former councillor Amarjeet Sohi provided), Nav Kaur is the logical choice.

"When you look at city council, it's far more conservative than a lot of people imagine."

Kinney said. "Sohi's departure has meant the loss of an influential, progressive voice."

On all three issues Kinney's group sees as central to the byelection — LRT funding, ride-share bylaws and LGBTQ issues — Kaur "has proven to be the solidly progressive voice," Kinney said.

He argued the byelection is highly influenced by a PC and Wildrose Party "imprint," and said that isn't what council or the ward needs.



**Rob Lennard** said the lack of awareness about Alberta's birthday inspired him to create a province-wide flag contest.

SUPPLIED/ROB LENNARD

## Contest a celebration of heritage

## HISTORY

### Students asked to design flags for Alberta's birthday

**Sanam Islam**  
Metro | Edmonton

In the coming years, a flag designed by an Edmonton student could be hoisted at the Alberta Legislature on the province's birthday.

It's a potential prize for the winner of the first Alberta Birthday Flag Contest, launched by the historical Bow Valley Ranch near Calgary, to increase awareness about the province's birthday on September 1.

"I've been blown away by the response — it's exceeded my expectations," said Rob Lennard, a historian and director of education and outreach at Bow Valley Ranch.

In the last several months, he said more than 150 Grade 1 to college-level students across Alberta have submitted their handmade and computer-generated Alberta flag designs as part of the contest.

The contest — which ends Feb. 21 — builds on Lennard's idea last year to celebrate Alberta's 110th birthday at the ranch, which involved a re-enactment of the 1905 provincial inauguration.

"I would ask hundreds of kids at a time, how many of you can tell me the day of the year that Alberta became a province? And none of them could tell me that," he said.

This year, he drew inspiration from a family tradition.

"My mother had an idea years ago at our cottage to raise a birthday flag at each one of our birthdays, so I thought, 'Why not do that for Alberta's birthday?'" Lennard said.

Fish Creek MLA Richard Godfried will take the winning design — which must include the current provincial flag's official blue and gold colours — to the Alberta Legislature. There, a vote will be held about whether it should be made Alberta's official birthday flag, Lennard said.

Lennard added that there are two historical precedents for youth playing a part of Alberta's history: they selected the Alberta rose as the provincial flower in 1930, and the great-horned owl as the provincial bird in 1937.

The winner will also receive cash, two flags — one for themselves and one for the school — in addition to having their flag raised in Fish Creek.

"The winning flag needs to have three qualities," Lennard said. "It would put a smile on your face when you see it, it celebrates the amazing history of our province, and it captures the fact that it's Alberta's birthday."

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## DRIVING

## New rules will hike response times: Paramedic

Some paramedics are slamming new driving rules that could make for longer ambulance rides to hospitals.

The rules — which take effect provincially on Friday — say paramedics can only drive a maximum of 15 km/h over the posted speed limit when operating emergency vehicles with lights and sirens activated.

Prior to the change, ambulance operators could drive at a speed of 25 per cent over the posted limit while operating with lights and sirens.

"This will increase response times and transport to (emergency room) times," said an Alberta Health Services (AHS) paramedic, who requested to remain anonymous.

AHS said the rule creates a culture of safe driving and is in line with standards set by other Canadian jurisdictions.

It said its priority is to get patients to hospital safely while ensuring the safety of EMS staff and other motorists, adding risk comes with speeding.

The paramedic said the driving rule could work if there were enough ambulances available in the province's major cities.

"We regularly run out of ambulances so, for example, to get someone undergoing cardiac arrest across Calgary and Edmonton at 15 km/h over the posted speed limit is absolutely ridiculous."

JEREMY SIMES/FOR METRO



Cast and crew of Deadpool, from left: Calgary's own Michelle C. Smith (stunt double for Angel Dust), Gina Carano (who plays Angel Dust), Andre Tricoteux (stunt double for Colossus), Brianna Hildebrand (Negasonic Teenage Warhead), Rorelee Tio (stunt double for Negasonic Teenage Warhead) and Philip J Silvera (stunt co-ordinator). CONTRIBUTED

# Albertan took many hits for Deadpool

## FILM

## Stunt double got a bit bruised but says it was worth it



**Jeremy Simes**

For Metro | Calgary

Michelle C. Smith is used to taking the fall — or smash — for actors.

Smith was the stunt double for Gina Carano, who plays An-

gel Dust, in the movie Deadpool, based on the Marvel Comics character.

In fact, she never applied for the position — Deadpool staff called her up right before she was about to teach a class.

"They were like, 'Can you come right now?'" said Smith, a Calgarian who was living in Vancouver at the time. "Within an hour of that call, I was shaking hands with the director."

From there, Smith would spend the next two months being thrown at cars and walls, smashing into things over and over again.

"It's a little rough," she said.

"It's not for the faint of heart."

There's one scene, though, where fellow stunt double Andre Tricoteux choke slams her.

There was no padding for that scene, Smith said, adding she basically slammed herself — there's no way Tricoteux could do the move.

"I had to jump as high as I can, lift my knees up, kick my legs out, and basically land myself on the back of my neck and shoulders," she said. "That one was pretty rough. We did it a couple of times, but usually you do it as many times as they ask you."

Smith said she manages the

pain by using breathing techniques and withholding any tension in the body.

But what's proven most beneficial is to stay calm.

"I found that learning to meditate has been really important as a stunt performer," she said.

"Deadpool has been my favourite," she added. "We had a real opportunity to be a unit. It was just a really positive, fun, no-ego show."

Smith returned to Calgary in June to teach budding baton and acrobatic performers, after living in Vancouver for about 12 years.

## Ailing boy gets early screening

Actor Ryan Reynolds says an Edmonton boy got a special advance screening of his new film Deadpool weeks before it was released in theatres.

Reynolds posted a picture of himself on Facebook with Connor McGrath, who he says has cancer and is also "possibly the biggest Deadpool fan on earth."

He says in the post that he travelled to Edmonton about six weeks ago to show McGrath the movie in hospital, which he says makes the boy the first to see it.

Reynolds also included a link to a crowdfunding page that he says he donated to, and he encourages others to contribute.

The page says McGrath's cancer hasn't been responding to chemotherapy and that he needs to be in remission in order to receive a bone marrow transplant.

If the chemotherapy doesn't work, the page says the money raised will be used to send McGrath to Children's Hospital of Philadelphia for an experimental therapy.

"He's my friend. I know lots of celebrities jump up and down touting a cause — and maybe I'm no different," Reynolds said in the Facebook post.

"I love this kid. He's the greatest. And he needs your help to get well."

In the movie, Reynolds plays Wade Wilson, who undergoes an experimental procedure that gives him healing powers and turns him into the snarky Marvel superhero Deadpool, known for his salty language and humour.

Reynolds says in the post that like Wilson, McGrath is trying to put cancer in his rear-view mirror.

"Of course, Deadpool was right up his alley because Connor's the funniest, potty-mouthed Canadian mercenary I've ever met," Reynolds said.

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**WESTJET** 

# Troops head into the North



## Arctic Ram readies Forces for sovereignty response

"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're part of a larger contingent of Canadian Forces members training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess



Paratroopers set up a preliminary camp with light gear. BRAEDEN JONES/METRO

Patricia's Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Most had never been as

high as Resolute Bay, close to latitude 75 degrees. It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north.

The community of Resolute

is one of the most northern populated settlements in the Canadian Arctic.

But the reservists stayed at the Arctic Training Centre northwest of that hamlet on Saturday night. They'll spend

subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise will be staged.

The mock scenario this week has the ARCG responding to a "downed satellite," with the objective of locating its parts.

The PPCLI paratroopers responded first on Friday, setting up a preliminary camp.

After spending most of Saturday evening repairing snowmobiles and specialized "Komatik" sleds, ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said the training is "invaluable."

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

During Exercise Arctic Ram 2016, Metro will be reporting on aspects of the Canadian Arctic, the community of Resolute and the military's presence and training in the area.

## INDIGENOUS WOMEN Pre-inquiry talks come to close



**Michael Woods**

Metro | Ottawa

The federal government is a step closer to launching a national inquiry into missing and murdered indigenous women after wrapping up pre-inquiry consultations in Ottawa on Monday.

Minister of Indigenous and Northern Affairs Carolyn Bennett and Minister of Status of Women Patty Hajdu met with families of missing and murdered indigenous women at a downtown Ottawa hotel.

The meeting was the last of 18 across the country over the past three months, during which the ministers heard from 2,000 people about who should conduct the inquiry, its scope and length and who should participate.

"We're going to take everything we've heard and try to turn it into a very different inquiry than Canada's ever seen before," Bennett told reporters.

She said she hopes to launch the inquiry by the summer.

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# Sunny days for Bollywood star

## INTERVIEW

## Wildly popular actress boasts Canadian roots

The most googled person in India hails from Sarnia, Ont.

Sunny Leone, a Bollywood movie star, is the best-known Canadian in that nation of almost 1.3 billion.

Leone has topped India's Google searches every year since 2012 — eclipsing even popular Prime Minister Narendra Modi.

A daily fixture on the Bollywood pages of India's thousands of newspapers, she appears in ads for energy drinks, her own line of perfume and condoms — a wink at her early career starring in American porn films.

Leone exudes Canadian modesty when discussing her fame in the world's largest movie industry, which annually releases more than twice as many productions as Hollywood.

"I just see myself as a girl that just wants to work and is happy doing that. I know it all goes hand in hand but for me I'm just following my dream of working in Bollywood," she told *Torstar* News Service.



**Bollywood star Sunny Leone's latest film, the sex comedy *Mastizaade*, was delayed by India's Central Board of Film Certification for six months because of its sexual content.**

ASHISH SHARMA/REX FEATURES VIA TORSTAR NEWS SERVICE

News Service.

Born Karenjit Kaur Vohra in Canada 34 years ago, she has happy memories of her childhood in southwestern Ontario before her family moved to the U.S. when she was a teenager.

"It was great growing up in

Sarnia — great place for kids to grow up," said Leone, whose parents have since passed away.

Unapologetically liberal in a country with strict film censorship rules that prohibit nudity from being shown on screen, Leone gained even greater prominence last month after a contentious interview with journalist Bhupendra Chaubey on CNN's Indian network.

In a scolding tone, Chaubey condemned her "past as a porn queen" and suggested she was causing the spread of pornography.



**I just see myself as a girl that just wants to work and is happy doing that.**

Sunny Leone

raphy in India.

Repeatedly haranguing the poised Leone, he quoted politicians who have publicly accused her of "corrupting Indian minds, Indian morality."

Afterward, many in India rallied to her defence, saying no male Bollywood star would have ever been treated so disrespectfully.

Leone was philosophical about the encounter, reflecting on her own successful transition to mainstream Indian stardom in a nation of traditional values.

"I believe out of a very uncomfortable situation some positive has come from it," the actress said.

"I am attacked on a regular basis, but for the first time people were watching the way someone spoke to me — and felt what I feel regularly."

TORSTAR NEWS SERVICE

## CRIME

### Slain officer mourned

A Quebec police constable who died in the line of duty has been remembered by friends as a go-to guy who was always ready to lend an ear.

"In my heart, I lost a brother," Simon Villeneuve said of his friend, Thierry Leroux, who was shot Saturday night as he and another officer responded to a domestic call.

THE CANADIAN PRESS

### Woman accused of sex offences involving kids

Police say a 36-year-old woman is facing six charges in a sexual assault investigation.

Ontario Provincial Police say they launched the investigation after allegations of sexual offences involving children in Tweed, Ont.

Police say the alleged incidents occurred from 2013 to 2016 and involved kids aged 12 to 15.

A woman from Stirling, Ont., is being held in custody pending a court hearing on Tuesday.

THE CANADIAN PRESS

# Drug industry wining and dining family doctors

A three-course dinner was served to the doctors assembled to hear the presentation in the restaurant's private dining room.

After the plates were cleared, the speaker, a general practitioner with a specialty in chronic pain, wrapped up his lecture and slide show.

While discussing effective drugs for lower back pain that is moderate but persistent, he zeroed in: The best medication for that is Cymbalta.

Cymbalta is a prescription drug made by Eli Lilly — the

company that organized the event, paid for the wine and food, and paid the doctor giving the talk.

A *Torstar* News Service investigation has found drug companies routinely host and fund these dinners at upscale restaurants as training events for family doctors. These events are called continuing medical education.

There is growing concern among critics that these dinners — which are sanctioned by a national medical organization — encourage doctors to prescribe the sponsoring companies' drugs.

It's disturbing and disappointing. We've allowed people to educate us who have other goals.

Dr. Sheryl Spithoff, Women's College Hospital

Family doctors are most often responsible for choosing what drugs Canadians are prescribed.

In Ontario, where there have been more than 500 industry-sponsored events in the last two years, physicians are required to attend "continuing medical education" to keep their licence in good standing.

These medical education events are vetted and approved by the College of Family Physicians of Canada, which represents more than 30,000 physicians.

A task force created by the college acknowledged that the drug industry's interests are "not always aligned with the best interests" of family doctors or their patients.

"There have been instances in which marketing messages have been portrayed as education, and health-care and pharmaceutical industries have attempted in this way to influence physicians' behaviour or practices," said the recently released report.

The report did not specifically deal with drug dinners but looked more broadly on the

college's relationships with the industry.

A *Torstar* investigation into these drug dinners has found drug reps interacting with doctors. In one case, just days after a dinner, a sales rep showed up at one of the attendees' clinic with drug samples and promotional material.

*Torstar* found roughly 70 per cent of the events listed on the college's website were put on by drug companies, sometimes indirectly through hired communication firms.

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# Top court seat ups stakes

## U.S. SUPREME COURT

### Justice's death makes vacancy an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal

justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's makeup is crucial to preserving abortion rights and the legality of gay marriage nationwide.

"If any of us needed a reminder of just how important it is to take back the United States Senate and hold onto the White House, just look at the Supreme Court," Clinton said.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat.

THE ASSOCIATED PRESS



Members of People for the American Way gathered at the U.S. Supreme Court in Washington on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

## PRESIDENTIAL RACE

### GOP war of words heats up

In 2011, eyebrows shot up when former vice-presidential candidate Sarah Palin used a salty acronym — WTF — to mock the policies of President Barack Obama.

Five years later, Donald Trump has blown right past acronyms. He's in a profanity-laced campaign for the Republican nomination that has seen multiple candidates hurl insults and disparaging remarks at one another.

In recent days, Trump has publicly lip-synced the F-bomb, blurted out the S-word more than once and fired a steady string of put-downs at opponents whom he labels as losers, liars and evil.

While Trump started it, other GOP candidates have jumped right into the fray. Ted Cruz has said Trump is "losing it," and dismissed his insults as "hysterical."

Before exiting the race, New Jersey Gov. Chris Christie predicted that he could beat Hillary Clinton in a debate, promising, "I'll beat her rear end on that stage," and tormented fellow Republican Marco Rubio as a fragile "boy in the bubble."

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## HEALTH

### Cancer 'moonshot' not enough: Expert

Days after launching his \$1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to "end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word 'moonshot' may have been an unfortunate one,'" said

TORSTAR NEWS SERVICE



U.S. Vice-President Joe Biden visits the Abramson Cancer Center on Jan. 15. DANIEL BURKE/TORSTAR NEWS SERVICE

## IN BRIEF

### Russia implicated in strikes targeting hospitals, school

Airstrikes blamed on Russia hit at least two hospitals and a school in northern Syria on Monday, killing and wounding dozens of civilians and further dimming hopes for a temporary truce, as government troops backed by Russian warplanes pressed a major offensive north of Aleppo.

The raids came days after Russia and other world powers agreed to bring about a pause in fighting to allow for the delivery of humanitarian aid and the revival of peace talks.

The projected truce agreed on Friday in Munich was to begin in a week, but there was no sign that would happen.

THE ASSOCIATED PRESS

### Odin-inspired vigilantes operating in Norway: Police

Norwegian police say a vigilante group calling itself the Soldiers of Odin has appeared in the country amid an influx of migrants that the group perceives as a threat. The group claims about 600 members in Finland, with additional groups in Britain, the U.S., Estonia, Germany and Sweden. THE ASSOCIATED PRESS


**LOBSTERS U.S. FISHERMEN KEEP MORE OF THEIR CATCH**

America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

# Millennials cooling on old brands

**MARKETING**

## Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as PayPal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that

**(Netflix) was never in the top 10, but it was a brand that moved up really quickly.**

Steve Levy

according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

TORSTAR NEWS SERVICE

moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company was the seventh-most influential among boomers, but a distant 51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according

**HOUSING**

# New mortgage rules kick in to cool sector

Canadians looking to buy homes between \$500,000 and \$1 million will have to put down larger down payments as new federal rules took effect Monday.

Under the changes, homebuyers must now put at least 10 per cent down on the portion of a home that costs more than \$500,000.

Buyers can still put down five per cent on the first \$500,000 of a home purchase.

Homes that cost more than \$1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver without affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the

struggling Calgary market or the just fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

"If you lower interest rates, you lower interest rates for all. And that's not what the country needed. This change ... is the first attempt to recognize the fact that some parts of the country are in need of a mild tap on the break, while other parts of the country real-

ly need to continue to receive stimulus."

When the new rules were announced in December, Finance Minister Bill Morneau said he estimated they would affect about one per cent of the overall real estate market. Some industry observers predicted a surge in sales activity as homebuyers would look to pre-empt bigger down payment requirements.

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# metrO VIEWS

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## Metro POLL

### Internship injustice?

**One person's slave labour; another's sensational opportunity.** Are unpaid internships experience or exploitation? The advocacy group representing Canadian interns has withdrawn from the federal government's consultations on how to improve protections for young workers because proposed changes to the Canada Labour Code would permit unpaid internships in federally regulated sectors. That is, as long as they last no longer than four months, primarily benefit the intern and don't replace a paid position. We asked our readers what they believe about the value of unpaid work.

#### 1 Is it ever okay not to pay interns?



#### 2 What's your experience with internships?

- 29% I've never been an intern
- 22% I've been an unpaid intern and it was terrible
- 17% A friend or family member has been an unpaid intern
- 15% I've been a paid intern
- 11% I've been an unpaid intern and it was great
- 6% Other



#### 3 If you're against unpaid internships, what are your reasons?

- 17% They're adding to student debt
- 15% They don't actually lead to jobs
- 14% Only rich kids can get job experience
- 14% Employees will be replaced with unpaid interns
- 13% They do not provide adequate job protections
- 12% They increase inequality or drive down wages
- 9% They're just plain wrong
- 2% I'm not against unpaid internships
- 4% Other

I've been an unpaid intern and it was great — though I was only able to because I had money saved.

I'm a human being. Not a car that you can test drive!

Internships are expected of older workers doing job changes, not just for kids.

It poses a problem for students who already work part-time.

WE ASKED Metro readers

Visit metronews.ca to have your say.

## An overlooked, obvious cyberbullying remedy



**Emma Teitel**

This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone — it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know

one another hurt one another in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice, and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky unveiled her own line of heart-shaped "#BeStrong" emojis, a tool she is encouraging young people use when they face adversity online.

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break.

Unplug. Do something else.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was: "Maybe you should turn that thing off for a few hours." I did, and suddenly my pain felt a bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board,

to "promote self-esteem, self-image and the importance of accepting who you are."

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed ... they were writing things like, 'Love the skin you're in,' and 'Proud to be an independent woman.' They weren't prompted to write these things."

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help, and the demographic least likely to get it — teenagers — needs it most.

In the fight against cyberbullying, apps and emojis aren't a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

**Emma Teitel** is a national columnist for the Toronto Star.

**Erie discovery**  
3D-printed tissues scientists implanted in animals developed a blood supply and an internal structure that looked like the real thing.

Tuesday, February 16, 2016

## metrOview

### Padlock your phone: The only reliable way to unplug in 2016



**Matt LaForge**  
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

You've heard of this kind of initiative before, and, as is typical, the PR around "Family Day Unplugged" is couched in language that, while a bit too willing to imply any parent who answers a text when a kid is in the room is cruising for "Cats in the Cradle"-grade spiritual comeuppance, succeeds in getting the point across. No, we don't yet live in an anomic tech-dystopia but, yes, we do screw around on our phones too much.

In principle, then, it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen firsthand what it takes to induce a large group to go phoneless,

as opposed to merely promising they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. And I get to watch the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

Only such a beloved and rarely seen comic as Chappelle could get away with this. But it worked. His material is still as strong today as it was in 2003, and only those of us who saw it in the moment can say so.

Barring a pocket notebook, the only way to preserve the jokes was to rush out to the phone-check table as soon as the set was over, unlock the sock and frantically write down as much as possible. It felt like an instructive return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

**Matt LaForge** is the managing editor of views and features at Metro.

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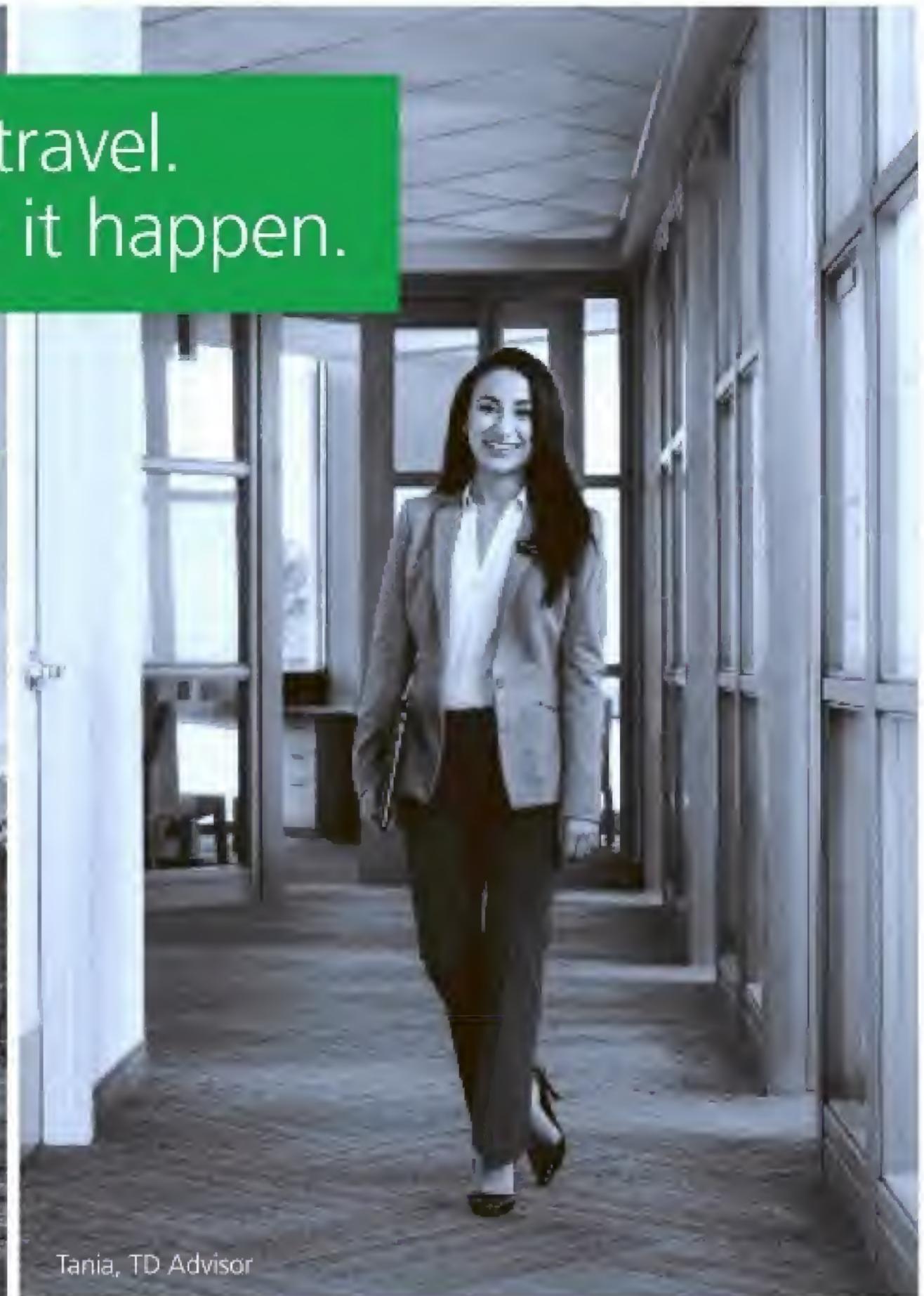


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# Is your group RSP enough?

NEST EGG

## Supplementary savings help ensure healthy retirement fund

**Michelle Williams**

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.

### Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices.



Get the most out of your group RSP by educating yourself and staying on top of all your investments. iStock

The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to

the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

### A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan

Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and

## WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent)," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

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## Bieber gets first Grammy

It was a night of career firsts for Canadian artists at the Grammy Awards.



Both Justin Bieber and the Weeknd walked away as early winners in a pre-television ceremony leading up to the main show on Monday.

Bieber (pictured right with his little brother Jaxon) took home a best dance recording

honour as part of a collaboration with Skrillex and Diplo on the song Where Are Ü Now.

The Weeknd, a.k.a. Abel Tesfaye, nabbed two golden gramophones before the televised show.

He took home one for best urban contemporary album for Beauty Behind the Madness and another for best R&B perform-

ance for Earned It from the original soundtrack for the film Fifty Shades Of Grey.

Toronto hip-hop darling Drake lost all five awards he was nominated for, including best rap performance for Back to Back and best rap album for If You're Reading This It's Too Late.

THE CANADIAN PRESS

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**1 Taylor Swift** — Wearing a glittery jumpsuit, Swift kicked off the Grammys with Out of the Woods. She became the first woman to win album of the year twice, this time for 1989.

**2 Kendrick Lamar** — A big night for the rapper who delivered a fiery performance when he walked onto the stage in shackles to perform The Blacker the Berry. Lamar won five awards, including best rap album for To Pimp a Butterfly.

**3 The Weeknd** — R&B sensation Abel Tesfaye performed I Can't Feel My Face and In The Night. Adele was quick to jump to her feet with an ovation, clearly thinking he earned it.

**4 Lady Gaga** — The pop star, accompanied by Nile Rodgers, performed a David Bowie tribute which included 10 of his most iconic hits.

**5 Best boudoir looks** — Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney.

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## PERFORMANCE FUEL

**Maple Leafs' nutritionist Jennifer Sygo's top food tips**

Hockey is Canada's national winter sport, and while only a select few players will get the chance to play on the sport's biggest stage, more than 600,000 more play every day in everything from house league to sledge hockey — and that's not to mention beer league hockey for the older folks.

No matter what level of hockey you or your kids play, the time you spend at the rink can be full of not-so-nutritious temptations, be it chicken wings or chocolate bars. While convenience foods are exactly that — quick and convenient — with a few easy changes, you can better fuel your performance, both on the ice and off.

**Eating before hockey**

There's an old saying that what you eat before you play a sport won't win you the game, but it could make you lose it, and, in many ways, that's true. What you eat before a practice or game can help top up your energy stores, but it shouldn't leave you feeling heavy or overly full, or cause an upset stomach, bloating, or indigestion.

Finding the right time and type of food takes time and experimentation, so perhaps it's no surprise that the best players become quite superstitious about their pre-game meal.

Your pre-practice or game meal can be eaten any time up to about four hours before you hit the ice. If you have an early morning practice, or only a short time to eat before your later day practice or game, make the meal smaller and lighter; otherwise, if you have two hours or more, experiment with bigger, more balanced meals that will keep you feeling satisfied longer.

In general, try to include both protein and carbohydrates in your meal: the protein helps you to feel full and also aids in muscle repair ... while the carbohydrates serve as fuel.

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The Power to Surprise

**Try to include both protein and carbohydrates: the protein helps you to feel full and also aids in muscle repair ... while the carbohydrates serve as fuel.**

Toronto Maple Leafs nutritionist Jennifer Sygo

the carbohydrates serve as fuel for any high-intensity activity, like the all-out fast break, or a heavy off-ice workout.

**Food to avoid**

While healthy fats, such as olive oil, almonds, salmon and peanut butter are an important part of our diet, fats in general are also slow to digest, which means

they can leave you feeling uncomfortably full. Keep fats low before hockey — yes, that means skipping the fries, burgers and passing on the bacon — especially if you have limited time before you lace up your skates. Your stomach will thank you.

Like fat, fibre, which is a type of carbohydrate, is good for us — it keeps our digestive tract happy

and our blood sugar steady. Also like fat, fibre is slow to digest and can leave you feeling gassy and bloated during a practice or game. So, while they are otherwise healthy, you should limit beans, chickpeas, lentils, wheat bran and even large amounts of whole grains and fibre-rich fruits and veggies (a cup or so is still OK for most), in the hour or two before you play.

Finally, while you might not want to fuel your hockey game with buckets of bran, you don't want to overdo it with sugar, either. While sugary foods, or those that convert to sugar quickly in our body, like white bread, doughnuts, granola bars,

**RECOVERY SNACKS**  
*A smoothie, protein shake or even chocolate milk (or white milk with a banana) make great post-game choices.*

white rice and sugary cereals, are relatively quick to digest, they can cause your blood sugar to spike and crash, leaving you feeling tired, shaky and sluggish by the time you hit the ice.



ALL PHOTOS: ISTOCK

### FOOD IDEAS

**Pre-hockey meals**

- Grilled skinless chicken breast with brown rice and steamed green beans
- Grilled or baked white fish (like tilapia or cod) with quinoa and a garden salad with balsamic vinaigrette dressing
- Chicken or turkey wrap or sandwich on whole grain bread with mixed veggies. Use mustard instead of higher fat sub sauces or mayo
- Lean steak with a baked or roasted potato or sweet potato and sautéed veggies, like peppers, mushrooms and zucchini

**Breakfast meals**

- Oatmeal made with milk or soy beverage (almond milk doesn't contain any protein) with slivered almonds and raisins
- Cold cereal with milk and a banana
- Greek yogurt with berries and low-fat granola
- 1-2 eggs on whole grain toast with a side of fruit

**Quick snacks**

- Small container (100-125 grams) of Greek yogurt and a banana
- Energy bar (e.g. Clif bar, Builder's Bar)
- Smoothie made with banana, berries and milk of your choice
- Toast or a banana topped with a bit of peanut or almond butter

# Wearing her feminism on her sleeve

GIRLS

## Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series *Girls*; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last

year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the *Sisters* premiere with Tina (Fey) and Amy (Poehler) there was *Joy* with Jennifer Lawrence, about a strong female character, and *Trainwreck* with Amy Schumer and directed by my *Girls* co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the *Lenny Letter*, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge."

"And then with Jen's piece on wage equality, to see people take that and apply it to their own



**Girls** creator Lena Dunham says it's about time feminist issues get aired at large. CONTRIBUTED

lives, that was super profound and meaningful."

*Girls* returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

**I'm more able to ask for what I want; talk to actors in a strong but loving way.**

Lena Dunham, on her new confidence on set

more than that."

Apatow says *Girls* has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct!'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before *Girls*, she had directed two low-budget feature films and a web series.

"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence."

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With *Girls* set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

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## GIRLS SEASON 5 WISHES AND PREDICTIONS

### Jessa

As her friends' lives continue to blossom this free spirit will realize hers isn't going anywhere in particular and lean even more on Adam. It won't take long for that support to transform into something more, but both will be cautious at first because of Hannah. Given the selfish nature of all the characters we can't see that stopping them for long, but hey, maybe there's been some personal growth.



### Shoshanna

A new culture, group of friends and career should all lead the ambitious character to finally find some fulfillment, adventure and potential romance across the ocean. Of course, she'll miss her friends and family, or an unforeseen work situation will eventually send her home.

TORSTAR NEWS SERVICE



### Marnie

If we had a sharp object we'd pop the overinflated bubble the singer has been living in and have her re-evaluate some of the terrible decisions she's made about men. We picture her going through with this wedding in the most Marnie way possible: making the entire day about her and forcing her friends to do things they don't want to.



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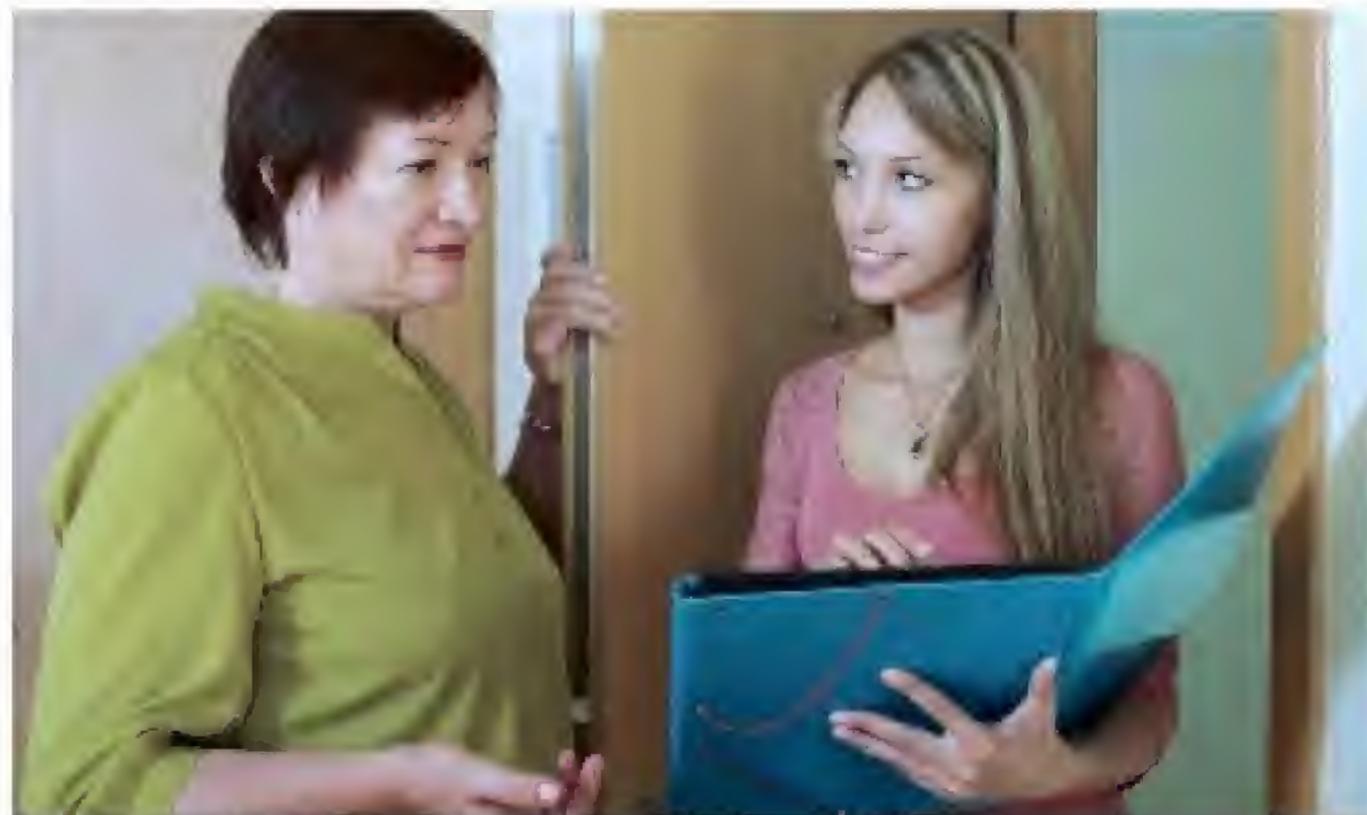
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**Take on a leadership role**  
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leaders are responsible for training and supervising a team of enumerators. This role provides a fantastic opportunity for

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# New programs come to Red Deer College

For more than 50 years, Red Deer College has been known for its home-away-from-home atmosphere, small class sizes, and practical learning that prepares graduates for successful lives and careers.

Starting September 2016, Red Deer College is excited to offer two new diploma programs (pending government approval): media studies and professional communications and instrumentation engineering technology.

In the media studies and professional communications program, students will study how mass media such as television, advertising and even video games influence and are influenced by society. Students will also gain valuable knowledge to help them succeed in a variety of careers that require top-notch strategic communication skills.

The instrumentation engineering technology program will challenge students to think critically to plan and troubleshoot situations, as well as to communicate effectively to any audience.

Students will also learn how instrumentation engineering and associated technologies are rapidly changing and expanding in virtually every industrial and commercial sector.

Red Deer College is also working to expand relevant program offerings to students and the communities the college serves by pursuing polytechnic university status.

Polytechnic universities are comprehensive institutions offering professional, career-focused programs, including degrees, in the arts, business, social and related behavioural sciences, health and wellness, engineering, education, and trades and technology.

With this change in status, Red Deer College would: meet community demand; have the ability to grant its own degrees; improve opportunities so students no longer need to leave the region to complete their post-secondary education; and maintain its current strength of offering a comprehensive mix of programs.

And with a construction completion



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date in time to be a host venue for the 2019 Canada Winter Games in Red Deer, the Gary W. Harris Centre for Health, Wellness and Sport will provide the college and region with a venue that boasts additional teaching and learning spaces, as well as facilities for other athletic, recreational, and community activities.

The centre will help shape the future of the college, offering new spaces to increase and enhance programming, while positioning Red Deer College in its expanding role of bringing prosperity and vibrancy to the region.

For more information about Red Deer College, visit [rdc.ab.ca](http://rdc.ab.ca).

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# Resumé is your key to open new doors

Whether you're applying for a part-time job while taking classes or looking to change careers, the importance of having an all-star resumé is key.

Your resumé is the first step to show off your experience and persuade potential employers that you are the right fit for a desired job.

Hiring managers are often busy and will quickly glance at a resumé to determine if it goes in the "yes" or "no" pile. Set yourself up for success with these tips to make your resumé stand out:

## Incorporate key words

Highlight words that show how you delivered results or what you accomplished: words like "achieved", "improved", "managed", "created", "increased", and "resolved".

These are things that will jump out at a hiring manager and signify that you will contribute meaningful work and measurable results.

## Tailor your resumé to the job

While having one resumé as a template is a good idea, it is not going to work for every job that you apply for. Different industries and companies will look for certain skills and traits, so tailoring your experience and accomplishments will make a big difference.

## Quantify your accomplishments

It's great to say that you increased sales, but it would be even better if you could give metrics on the improvement you made at a given company. This will show hiring managers not only that you are a dedicated employee, but also that you made a real difference for previous employers.

## Keep it simple and to-the-point

Choose a clean design and font that will let your experience speak for itself. Nothing is more off-putting than a resumé with long paragraphs where you have to dig to find the relevant experience. Make sure it's easy



to read and error-free, and triple check for spelling and grammar.

## Showcase a range of experience

Employers want to find well-rounded individuals who bring skills and knowledge

from a range of different fields.

Highlight experience that developed crucial skills such as leadership, organization, time management and problem solving.

-News Canada

# Pursue a new career in a new field



Although Academy of Learning student Mary Grace Aguilar already held a bachelor of science in information technology from the Philippines, when she moved to Canada, she decided to pursue a new career in a new field.

"I always loved numbers and got the opportunity to work as an administrative assistant for two years here in Canada and this encouraged me to pursue a career in accounting/payroll," says Aguilar, computerized payroll accounting student at Academy of Learning.

When Aguilar was searching for a program that would be the right fit, she inquired at a couple of other schools before deciding on Academy of Learning.

"I have friends who've completed their courses from Academy of Learning and I have seen many changes in their lives; they now have their desired job without waiting for too long," says Aguilar.

"Academy helped them with their resumé and gave them references that helped them build their confidence."

Once Aguilar completes the 44-week com-

puterized payroll accounting program, she believes her experience and education will help her to secure a job in this field.

"I would really recommend this program to those who would like to learn the payroll compliance legislation, accounting, book-keeping, and upgrade your computer/office skills," says Aguilar.

"You will never regret, because I didn't."

For more information about the computerized payroll accounting program at Academy of Learning, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).



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# Process makes a perfect career

In every business, processes are tools that allow the organization to grow its offerings and serve its customers consistently and well — and there needs to be an expert there to implement them.

It takes a special kind of person to manage all the moving parts of a business. Many of those who enjoy this multifaceted challenge excel at

jobs including project management and administration, or start their own successful businesses.

The field of business administration management requires the ability to make solid business judgements. It also requires the ability to juggle a wide array of activities that require careful attention to detail and business savvy. You'll make decisions on management, marketing, finance, accounting, and human resources.

Education in business administration management will earn you highly employable and transferrable skills and a well-paid and valued career. Accounting or bookkeeping assistant,

marketing assistant and office manager are just some of the roles you can take on. In Alberta, an office manager can earn a median wage of \$24 per hour.

The Business Administration Management diploma at CDI College is a clear path into the field. In less than a year, students are equipped with the skills and knowledge they need to win exciting jobs in business administration management. For more information about the Business Administration Management program at CDI College, call 1-800-360-7186 or visit [study.cdicollege.ca](http://study.cdicollege.ca).

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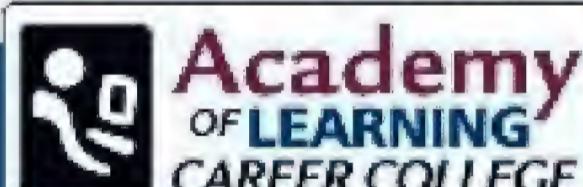
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# Public lecture on global maternal health crisis

Every day, about 800 women die in childbirth around the world. Of these women, 99 per cent live in developing countries.

Nearly all of them die of preventable complications such as severe bleeding, infection and high blood pressure. What role should Canada play to ensure that no woman dies in childbirth? What are we doing to help save mothers' lives around the world? Is it enough?

In honour of International Women's Day on March 8, the School of Public Health at the University of Alberta is hosting Dying in Childbirth: Delivering solutions for mothers around the globe.

Join us that day for a public lecture with Zubia Muntaz, expert in maternal health, to learn more about the maternal health crisis in our global community. This lecture is free to attend and everyone is welcome. No RSVP required.

For more information: [bit.ly/dyinginchildbirth](http://bit.ly/dyinginchildbirth).



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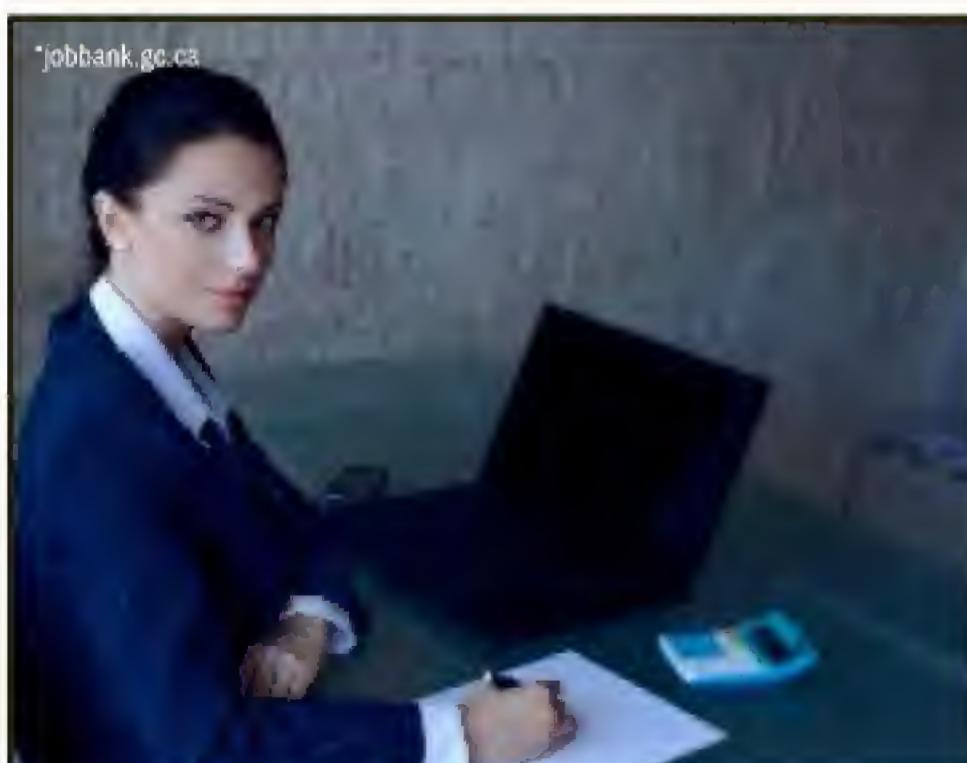
### PARTICIPATE

Title: Dying in Childbirth: Delivering solutions for mothers around the globe.

Date: Tuesday, March 8 from 5 to 6 p.m.

Location: L1-490 Edmonton Clinic Health Academy, 11405 – 87 Avenue, Edmonton.

Be part of the conversation: #DyinginChildbirth



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# Start a new career in finance

To many people, managing and tracking finances seems like a mysterious art. Those in the know are valued and appreciated. Their attention to detail and their ability to keep track of the financial threads are critical to the success of every business.

If you're looking for a new career and you have always loved organization and crunching numbers, consider a career in accounting and payroll administration.

Jobs in this field require you to make informed business decisions based on financial information. You're a record keeper with an eye for accuracy, flagging financial threats and opportunities as they arise, for the benefit of the business.

Roles in the field of accounting and payroll administration include accounting clerk, audit clerk, tax return preparer, bank clerk, and payroll officer. As a payroll officer in Alberta, the median wage is more than \$25 per hour.



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The skills you'll develop will include in-depth skills in accounting and administration, and the ability to use accounting and administrative software.

A fast way to enter this exciting and challenging field is to complete an immersive program in accounting and payroll fundamentals. The Accounting and Payroll Administration program at Reeves College provides its graduates with the skills and knowledge they need for a rewarding career.

For more information on the Accounting and Payroll Administration program at Reeves College, visit [study.reevescollege.ca](http://study.reevescollege.ca), or call 1-800-533-1457.

# TURN YOUR DREAM INTO A NEW CAREER REALITY

Jose Biscocho always dreamed of a career in technical design and after enrolling in Digital School Technical Design College, his dream has become a reality. As a graduate of the six-month CAD technician certificate program, the training that Biscocho received at Digital School helped him land his current job as a draftsman (sales) — junior at National Oilwell Varco.

"This school helped me to learn a lot of things that I never knew," says Biscocho, who landed his first job in the industry right after graduation in 2013.

"Digital School expects nothing less than the best from each and every student."

Now that Biscocho has been out working in the industry for a few years, he says the theoretical training he received at Digital School has all been relevant to his current job, including the architectural drawing and surveying techniques.

For Biscocho, one of the best parts of his training at Digital School was the quality of instructors and the use of advanced software.

When he first entered into the workforce in 2013, he found his software training was actually more up-to-date than what the company

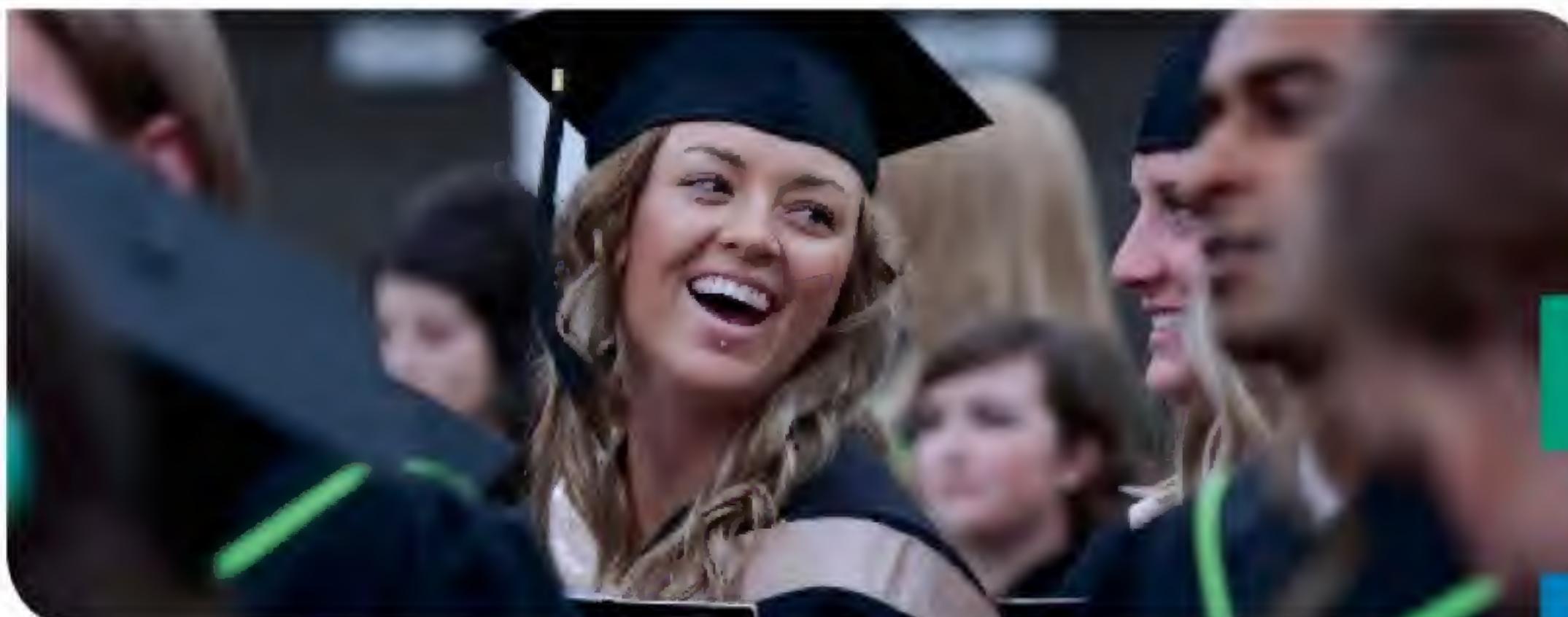


CONTRIBUTED

was currently using.

Over the past few years, Biscocho has even worked on multi-million dollar projects taking place around the world.

Aside from the six-month CAD technician certificate program, Digital School also offers 12-month diploma programs in architectural CAD technician, engineering CAD technician, and engineering CAD technician with process piping specialization. For more information about Digital School, visit [digitalschool.ca](http://digitalschool.ca).



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#### For more information:

Nancy Frederick  
 Phone: 780.471.8362  
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# The value of hands-on education

Robertson College understands the value of a practical, hands-on education and has found practicum placements to be an important part of the education it provides.

Recently, the business faculty at Robertson College has been able to secure a valuable partnership with the City of Edmonton for students entering into its practicum placements.

"It is a great partnership and it is a great opportunity for our students," says Ramona Buda, campus director, Robertson College, Edmonton Campus.

"Many students after graduation pursue government positions, so this experience becomes a valuable asset."

Practicum placements are mandatory in most programs at Robertson College, as they offer and provide a real-life, hands-on experience to students.

Recently, a group of accounting assistant students completed a 1,600-hour practicum in the accounting department at the City of Edmonton, and Buda says the feedback has been nothing but positive.

"They were very happy with our students and are looking forward to the next group, who will be entering into their placements in April," says Buda.

The accounting assistant program is a 30-week program and includes a four-week practicum placement.

"There are many career opportunities available to students who take advantage of this partnership," says Buda.

"The most important one being they gain practical work experience at a government level and this itself assists with permanent employment later at all levels of government."

Another benefit to the practicum placement at the City of Edmonton is the valuable networking opportunities it provides.

While the City of Edmonton is an attractive option for a practicum placement, students also have the option to complete their practicums elsewhere.

Once students complete their programs, the career services department helps prepare them for their job search, connecting students to local employers through the Robertson College Employer Network.

For those interested in courses at Robertson College, it is consistently starting new classes to meet student demand.

The next class for the accounting program is scheduled to begin March 23, 2016.

For more information, visit [robertsoncollege.com/campuses/edmonton](http://robertsoncollege.com/campuses/edmonton).



Content Solutions

# Take advantage of available tax savings



Post-secondary school can be overwhelming. While coffee may seem like the solution to any problem, putting a little money back in your pocket with tax savings might be the better answer.

Even if you have no income to report, you can still take advantage of several credits and benefits. Here are a few tips to help you:

#### File your tax return

To take advantage of all of the tax credits and benefits available, you have to file your income tax and benefit return with the Canada Revenue Agency (CRA). Why not file it online? It's fast, easy, and secure. There's also a wide range of software programs you can use, including some that are free. More information is available [cra.gc.ca/getready](http://cra.gc.ca/getready).

You can also register for My Account, the CRA's secure one-stop shop for managing your tax and benefit information. With My Account, you can also register for online mail, and receive correspondence like your notice of assessment online.

#### Claim your tax credits

- Tuition fees: Most tuition paid to a post-secondary institution in Canada can be

claimed. For tuition fees, the education amount, and the textbook amount, you might also be able to transfer or carry forward any unused credits.

- Education amount: For the 2015 tax-filing season you can claim \$400 for each month you were enrolled in eligible full-time studies and \$120 for each month you were enrolled in eligible part-time studies.

- Textbook amount: If you're eligible for the education amount for 2015, you can claim this, too: \$65 for each month enrolled in full-time studies and \$20 for each month enrolled in part-time studies.

- Public transit amount: Generally speaking, you can claim the amount you spent on a monthly or annual public transit pass, but not on tickets or daily passes.

- GST/HST credit: You can get payments of up to \$70 every three months to help keep on top of your expenses.

To receive the GST/HST credit, you have to be 19 years old (unless you're a parent or married or living common-law) and file an income tax and benefit return.

News Canada

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At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

# Boatmen elect to focus on bringing Canucks aboard

CFL

## Argonauts lose nine players in free agency

CFL free agency has offered few surprises for Jim Barker.

When over 120 players hit the open market Tuesday, the Toronto Argonauts GM's priority was bolstering his Canadian content knowing it could cost him some American starters.

So while Barker made seven moves last week, including the signing of tackle Josh Bourke and defensive lineman Brian Bulcke — both Canadians — the Argos lost nine free agents, the most notable being quarterback Trevor Harris (Ottawa), linebacker Greg Jones and running back Curtis Steele (Saskatchewan) and slotback Chad Owens (Hamilton).

Last year Toronto lost SirVincent Rogers, the CFL's top lineman in 2015, to Ottawa as a free agent.

**10**

Hamilton has lost the most free agents (10), including receiver Terrell Sinkfield Jr. and defensive back Erik Harris to the NFL.

"My focus was all on Canadians," Barker said. "I trust we have the best scouting staff in the league and I expect them to fill in those gaps."

"Canadians are a different story."

Barker's emphasis was also on Canadians prior to free agency, signing defensive lineman Ricky Foley, defensive back Jermaine Gabriel, linebackers Cory Greenwood and Thomas Miles and offensive lineman Wayne Smith to extensions.

Harris started 16 games last year, but Toronto still has veteran Ricky Ray, who played the club's final three games before signing a two-year extension in December. Still, Harris's departure creates questions given Ray, 36, needed most of last season to recover from off-season shoulder surgery.

Sophomore Logan Kilgore and journeyman Adrian McPherson are Toronto's other quarterbacks. It's a situation similar to 2012 when the Argos had unheralded rookies Harris and Zach Collaros — now Hamilton's starter — behind Ray.

"Scott (Argos head coach Scott Milanovich) has a lot of confidence in Logan Kilgore," Barker said. "The fact those two guys (Collaros and Harris) are going to be starting quarterbacks in our division is just the way it happened to play out."

"When you get Ricky Ray, that's what he gives you the



Quarterback Trevor Harris didn't re-sign with the Argos. He instead joined the Redblacks.

MELISSA RENWICK/TORSTAR NEWS SERVICE

opportunity to do: Develop these guys."

The Grey Cup-champion Edmonton Eskimos have also been hit hard this off-season. Shortly after their championship win, head coach Chris Jones left to become the Saskatchewan Roughriders' head coach/GM, taking a number of his assistant coaches with him.

Once free agency began, receiver Shamawd Chambers, the

top Canadian in last year's Grey Cup game, offensive lineman Andrew Jones, running back Kendial Lawrence and defensive back Otha Foster all followed their former coach to Saskatchewan.

Edmonton re-signed linebacker JC Sherritt and running back John White after achieving extensions for receiver Adarius Bowman, defensive lineman Almondo Sewell and kicker

Sean Whyte.

"I don't feel we lost anyone we didn't expect to go," Eskimos GM Ed Hervey said. "My objective wasn't to go out there and spend the most money and make that kind of news."

"Quite naturally if you spend the most money you're going to make the most noise but in reality sometimes the moves you don't make are just as good."

THE CANADIAN PRESS

## IN BRIEF

### Ducks continue their roll

Mike Santorelli scored twice, Corey Perry had a goal and an assist, and the streaking Anaheim Ducks went 3-for-3 with the extra man in a 6-4 victory over the Calgary Flames on Monday afternoon.

Thanks to a 9-1-1 record in their last 11, Anaheim has passed San Jose and climbed into second place in the Pacific Division.

THE CANADIAN PRESS

### Hernandez settles lawsuit with friend who was shot

Former NFLer Aaron Hernandez has settled a lawsuit filed by a man who says Hernandez shot him in the face.

The Boston Globe reported that attorneys for Alexander Bradley said in documents filed Friday in Miami that the suit was settled. Terms weren't disclosed. Bradley was seeking damages for injuries he suffered in a February 2013 shooting.

THE ASSOCIATED PRESS

### Quebec's Gagnon earns World Cup bronze medal

Canadian Marie-Michele Gagnon finished third Monday in a women's World Cup slalom event in Crans-Montana, Switzerland.

Gagnon, of Lé-Étchemin, Que., finished .50 seconds behind American winner Mikaela Shiffrin. France's Nastasia Noens was second, .45 seconds behind Shiffrin.

THE ASSOCIATED PRESS

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6172 50th St. NW  
9518 Ellerslie Rd. SW  
10309 34th Ave.  
10642 82nd Ave.

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14220 Yellowhead Trail  
14903 118th Ave. NW

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2020 Sherwood Dr.

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141 Century Crossing

### St. Albert

St. Albert Centre  
20 Muir Dr.

### Stony Plain

82 Boulder Blvd.

MLB

## Harvey, Mets have long-term potential

Matt Harvey appears open to considering a long-term contract with the New York Mets.

"I think whatever comes up is going to come up," Harvey said Monday, two days before Mets pitchers and catchers are due to report for spring training. "I've never shied away from it. I've never said I wouldn't consider it. But I haven't heard anything considering that."

After helping the Mets reach the World Series for the first time since 2000, the 26-year-old right-hander was eligible for salary arbitration for the first time and agreed to a one-year deal worth \$4,325,000. He is eligible for free agency after the 2018 season, and his agent, Scott Boras, usually prefers his cli-

ents test the market.

Mets general manager Sandy Alderson says he would consider talking about long-term deals with his talented young starting pitchers if there was mutual interest. Jacob deGrom could become a free agent following the 2020 season, and Noah Syndergaard and Steven Matz after the 2021 season. Zack Wheeler, projected back this summer following Tommy John surgery, could become a free agent following the 2019 season.

Harvey was 13-8 with a 2.71 ERA and 188 strikeouts in 189-1/3 innings last year after returning from Tommy John surgery. He went 2-0 with a 3.04 ERA in four post-season starts. THE ASSOCIATED PRESS

**My body feels great, my arm feels great and I think all of us as a staff and as a whole organization feel great about this year.**

Mets starting pitcher Matt Harvey



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### Raptors host hoops royalty well for high-profile events

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued. Cheerleaders—and just about anybody else with a pass—crowded onto the hardwood for photos or just to savour the moment. All-star weekend is a party.

And like most good parties, nobody wanted to leave.

For those keeping count, the West won 196-173 in a game that erased the all-star records for most points by one team (163) and total points by two teams (321). While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

**Toronto, I think we put ourselves on the map a little bit around the world.**

Kyle Lowry

with the best players, finally in the best city in the world," he said as he introduced the players. And there was validation from LeBron James.

"Thanks for welcoming our league with open and warm arms," he said of Toronto and Canada. "Toronto did a hell of a job of putting on a show," he added.

THE CANADIAN PRESS



Kobe Bryant and LeBron James tip off the all-star game on Sunday night at Air Canada Centre.

RON TURENNE/NBAE VIA GETTY IMAGES

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## RECIPE Quinoa Stuffed Peppers



Ceri Marsh &  
Laura Keogh  
For Metro Canada



A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and — everyone's favourite — cheese.

**Ready in:**  
Prep time: 30 minutes  
Total time: 60 minutes  
**Makes:** 8 peppers

**Ingredients**

- 3 cups cooked quinoa
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup tomatoes, diced
- 1/2 cup cheddar cheese, grated
- 1/4 cup feta cheese, diced

- 3 Tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper
- 8 bell peppers, tops cut, stemmed and seeded

**Directions**

1. Preheat oven to 350 F.
2. In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
3. Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
4. Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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12. Oasis  
13. Television support  
18. Three-pronged Arctic fishing spear  
22. Actor Alan  
23. " \_ of a Woman" (1992)  
24. Doha's locale  
25. Spa city in Hungary  
26. Retro dog name  
31. "That's awesome, dude." 2 wds.  
33. Make up the narration: 3 wds.  
34. Singer Ms. Sande  
35. Totally ticked: 2 wds.  
37. Peter, Paul and Mary's " \_ Rock and Roll Music"  
39. Marvel mutant  
42. Notice: French  
44. \_-faire  
45. Cause \_ (Attention-grabbing controversy)  
47. Bear or elk or Canuck  
49. Way worse  
50. Skin care company  
51. Over  
52. Grapes graspers  
53. Laura Branigan hit that goes "God how I love you so." 2 wds.  
58. Alien sitcom  
59. Sovereign, e.g.  
60. Mr. Chaney Jr.  
61. Fire dept. ranks

## \*IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

**Taurus** April 21 - May 21  
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

**Gemini** May 22 - June 21  
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

**Cancer** June 22 - July 23  
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

**Leo** July 24 - Aug. 23  
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you can't be colleagues, or even friends.

**Virgo** Aug. 24 - Sept. 23  
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

**Libra** Sept. 24 - Oct. 23  
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

**Scorpio** Oct. 24 - Nov. 22  
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

**Sagittarius** Nov. 23 - Dec. 21  
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

**Capricorn** Dec. 22 - Jan. 20  
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

**Aquarius** Jan. 21 - Feb. 19  
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

**Pisces** Feb. 20 - March 20  
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	6	3	8	9	4	1		
3							7	
							6	

CONCEPTIS SUDOKU created by DAVE GREEN

metro

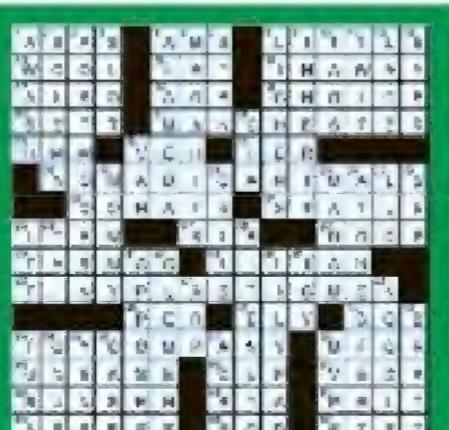
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